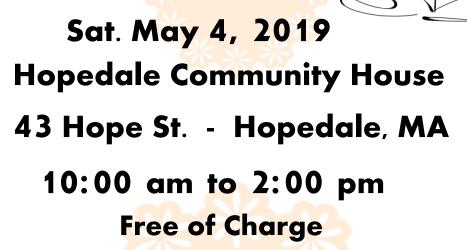
Wake-up to Your Life!

Come explore untapped joys through mind and body wellness experiences.



Introductory Classes (30 minutes)

Yoga - Kathleen Kavanagh 10:00am-10:30am

Tai Chi - Jean O'Connor 10:30am -11:00am

Integrative/Natural Medicine - Dr. Ann Rickert 11:00am-11:30am

Craniosacral Therapy - Susan Breder 11:30am-12:00pm

Homeopathic Medicine - Janice Doyle 12:00pm - 12:30pm

Tapping - Lori Lamont 12:30pm-1:00pm

Meditation/Singing Bowls - Debra McGonnell 1:00pm-1:30pm

Crystal Healing - Mimi Boudreau 1:30pm- 2:00pm

Exhibitors

Artworks Studios - Audubon Society - Reiki Healing
doTERRA Essential Oils - Salt Therapy from Just Breathe

Healthy Smoothie Demos @ 11:30am

Acupuncture - Sabrina Sanchez from Upton Family Acupuncture

Sponsored by: The Hopedale Council on Aging - 508.634.2208